






# September 2016

## NAVAL HOSPITAL BREMERTON

### WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<b>Mental Health and Suicide Prevention Month:</b> Understanding suicide warning signs and risk factors can help prevent, identify, and allow for early intervention to save lives. There are many resources for our military families to deal with our unique life challenges. The resources listed on the calendar are for all family members who think they may need help.			1 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Basics: 1-3pm	2 Intro to Nutrition 1-3pm
5 	6 SHIPSHAPE 6: 9-10am Pilates (Beginner): 12-12:45pm Healthy Shopping: 4-6pm (held at Bangor Commissary)	 7 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Prevent T2 (Week 6) 1-2pm Heart Healthy Living: 1-3pm Childbirth Class: 3:30-6pm	8 IBS Class: 9-11am Pilates (Intermediate): 12-12:45pm Diabetes: Healthy Eating: 1-3pm	9 
12 Eat Smart, Live Strong (S1)10:30-12 pm Diabetes Updates: 12:30-2pm Yoga 3:30-4:30 pm (room 7103) Diabetes Updates: 4:30-6pm	13 SHIPSHAPE 7: 9-10am Pilates (Beginner): 12-12:45pm Healthy Habits: 4-6pm	14 Gestational Diabetes: 10-11am Prevent T2 (Week 7) 1-2pm Meal Planning/Makeovers: 1-3pm Childbirth Class 3:30-6pm	15 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Monitoring: 1-3pm	16 Intro to Nutrition 9-11am <div> <b>Saturday 17th:</b> Childbirth Class            9:30-3:00         </div>
19 Eat Smart, Live Strong (S2)10:30-12 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	20 SHIPSHAPE 8: 9-10am Pilates (Beginner): 12-12:45pm Fitness Planning: 4-6pm (held at Bremerton Gym)	21 Gestational Diabetes: 10-11am Prevent T2 (Week 8) 1-2pm Childbirth Class 3:30-6pm	22 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Meds and More: 1-3pm Baby Basics Part 1: 4-6pm	23 
26 Eat Smart, Live Strong (S3)10:30-12 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	27 Pilates (Beginner): 12-12:45pm Cancer Support: 5-6:30pm	28 Gestational Diabetes: 10-11am Prevent T2 (Week 9) 1-2pm Lactation Class: 3:30-6pm	29 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Baby Basics Part 2: 4-6pm	30 

For appointments, call Puget Sound Military Appointing Center at (800) 404-4506  
 For information, call (360) 475-4541

Building a healthy life, one habit at a time.

Website: [www.med.navy.mil/sites/nhbrem](http://www.med.navy.mil/sites/nhbrem)



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